

Mile Marker Summary

MONDAY	MACROS FOR ALL MEALS AND SNACKS			MILE MARKERS OF SUCCESS
	Daily Total Carbs	Daily Total Protein	Daily Total Fat	
TUESDAY	MACROS FOR ALL MEALS AND SNACKS			MILE MARKERS OF SUCCESS
	Daily Total Carbs	Daily Total Protein	Daily Total Fat	
WEDNESDAY	MACROS FOR ALL MEALS AND SNACKS			MILE MARKERS OF SUCCESS
	Daily Total Carbs	Daily Total Protein	Daily Total Fat	
THURSDAY	MACROS FOR ALL MEALS AND SNACKS			MILE MARKERS OF SUCCESS
	Daily Total Carbs	Daily Total Protein	Daily Total Fat	
FRIDAY	MACROS FOR ALL MEALS AND SNACKS			MILE MARKERS OF SUCCESS
	Daily Total Carbs	Daily Total Protein	Daily Total Fat	
SATURDAY	MACROS FOR ALL MEALS AND SNACKS			MILE MARKERS OF SUCCESS
	Daily Total Carbs	Daily Total Protein	Daily Total Fat	
SUNDAY	MACROS FOR ALL MEALS AND SNACKS			MILE MARKERS OF SUCCESS
	Daily Total Carbs	Daily Total Protein	Daily Total Fat	